



Round 1



Multiple Choice

1. An example of an interrelationship between physical and intellectual development is:

- a. Watching TV
- b. Retiring
- c. Refining your writing skills
- d. Making friends



2. An example of Physical development is:

- a. Expressing Emotions
- b. Control of muscles
- c. Improving memory skills
- d. Interacting with others



An example of the dimension of Mental health is:

- a. Engaging in regular activity
- b. Developing friendships
- c. Being aware of one's feelings
- d. Coordinating motor skills



4. The main types of individual human development are:

- a. Physical, intellectual, emotional, social
- b. Physical, intellectual, social
- c. Physical, emotional, social
- d. Physical, intellectual, emotional



5. An example of social development is:

- a. Expressing emotions
- b. Interacting with others
- c. Improving memory skills
- d. Control of muscles



6. All health definitions have limitations. A limitation of the WHO definition of health is:

- a. It is a complex definition
- b. It suggest that if the body is not diseased it must be healthy
- c. It is considered an ideal goal that cannot be achieved
- d. It is difficult to measure social, emotional and cultural well-being



7. A specific example of a characteristic of individual human physical development of youth is

- a. Rapid physical development during puberty
- b. All of these answers are correct
- c. Maximum bone density achieved then declining
- d. Teeth growing then hardening



8. Health status can be a measure of:

- a. Health of a group or community
- b. Individual health
- c. Health of a population
- d. All of these answers are correct



9. An increase in the coordination and strength of muscles within the body requires an interrelationship between the following types of development and dimensions of health:

- a. Physical development and mental health
- b. Physical development and social health
- c. Physical development and physical health



10. The dimensions of Health of the WHO definition are:

- a. Physical and emotional
- b. Physical and social
- c. Physical, social and mental
- d. Social, emotional and mental



ANSWERS

1. C – Refining your writing skills
 2. B – Control of muscles
 3. C – being aware of one's feelings
 4. A - Physical, intellectual, emotional, social
 5. B – Interacting with others
 6. C - It is considered an ideal goal that cannot be achieved
 7. A - Rapid physical development during puberty
 8. C - All of these answers are correct
 9. C - Physical development and physical health
 10. C - Physical, social and mental
-





Round 2



Short answer

Question 1

Identify and then explain one dimension of health.



Question 2

Using examples, explain the difference between 'health' and 'individual human development'.



Question 3

Briefly explain what is meant by the following:

- i. Physical development

- ii. Social development



Question 4

Provide 3 examples for each of the following:

- i. Emotional development
- ii. Intellectual development



Question 5

- ▶ Explain 'health status'.



Question 6

- ▶ Explain what is meant by 'DALYs'



Question 7

- ▶ Explain the difference between incidence and prevalence.



Answers – Question 1

1. Identify and then explain one dimension of health.

Physical Health – How effective or effectively the body and its systems are able to function. – fitness level, body weight, healthy eating

Or

Social Health – How effective people can interact with others in their society including family and friends and being accepted by others

Or

Mental Health – wellbeing in which the individual realises their abilities, can cope with stress of life, work productively and contribute to community



Answers – Question 2

2. Using examples, explain the difference between ‘health’ and ‘individual human development’.

Health is having good physical, social and mental health. Being healthy and good set of friends and coping with school life – these can change based on environmental factors and can change from day to day

Human development tends to be either a permanent change, lasting effect or at least ongoing impact



Answers – Question 3

Briefly explain what is meant by the following:

i. Physical development

The changes that occur in an individual's body over time, including growth

ii. Social development

Individuals ability to interact with those around them as they move through the lifespan



Answers - Question 4

Provide 3 examples for each of the following:

i. Emotional development

- ▶ Self esteem
- ▶ Reaction to situations
- ▶ Social acceptance

i. Intellectual development

- ▶ Memory of objects, words and events
- ▶ Expansion of vocabulary
- ▶ Think logically



Answers - Question 5

- ▶ Explain 'health status'.

The measurement of an individual or population/community health



Answers - Question 6

- ▶ Explain what is meant by 'DALYs'

Disability adjusted life years

A measure of the years of healthy life lost due to premature death, illness or injury.



Answers - Question 7

- ▶ Explain the difference between incidence and prevalence.

Incidence – the number or **rate of new cases** of a particular condition during a specific time

Prevalence – the number or **proportion of cases** of a particular disease or condition present in a population **at a given time**





Round 3



Matching

Place the letter of each example of health and development in the correct box of the table below.

Health			Development			
Physical	Social	Mental	Physical	Social	Emotional	Intellectual



-
- a. Maintaining adequate levels of fitness
 - b. Being able to communicate effectively
 - c. Being able to read a road map
 - d. Having a good network of friends
 - e. Suffering a broken leg
 - f. Growing taller during puberty
 - g. Feeling anxious
 - h. Recognising emotions
 - i. Getting married
 - j. Losing bone density as a person gets older
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- k. Deciding on a career
 - l. Learning how to use a new computer program
 - m. Having a supportive family
 - n. Having a positive self concept
 - o. Feeling good about yourself
 - p. Being a healthy body weight
 - q. Experiencing love for the first time
 - r. Being able to recite a poem from memory
 - s. Spending adequate amounts of time with family
 - t. feeling nervous before an exam
-



Answers

Health			Development			
Physical	Social	Mental	Physical	Social	Emotional	Intellectual
A E P	D S	G O T	F J	B I	H N	C K L R





Round 4



Case Study

Case Study

Ella is 18 and has just finished school. Her father has just become engaged following the death of her mother 4 years ago. Ella gets on well with her father's fiancé but does not want to live with her children when she marries her father. As a result, she has been consistently fighting with her father and has been feeling upset and anxious about the future. She normally excels at university but has not been putting in the effort she once did since the engagement. She is now planning to move out with a friend but is worried that she does not have enough money to support herself properly. She is worried about not being able to afford her rent, bills (including her food bill) and her car as well as maintaining an adequate social life.



Question 1

- ▶ Identify and explain two ways that Ella's health has been affected since her father's engagement.



Question 2

- ▶ Explain two ways that Ella's development may have been impacted by the engagement.



Question 3

- ▶ Explain how moving out with a friend could impact on Ella's health.



Question 4

- ▶ Explain how moving out with a friend could impact on Ella's development.

